



Real Life Heroes

2018 Annual Foster Parent Conference

August 17-19, 2018

Murfreesboro, Tennessee

Presented by the Tennessee Department of Children's Services in partnership with the Tennessee Foster and Adoptive Care Association (TFACA) and Harmony Family Center.

Conference Brochure



Conference Brochure Table of Contents

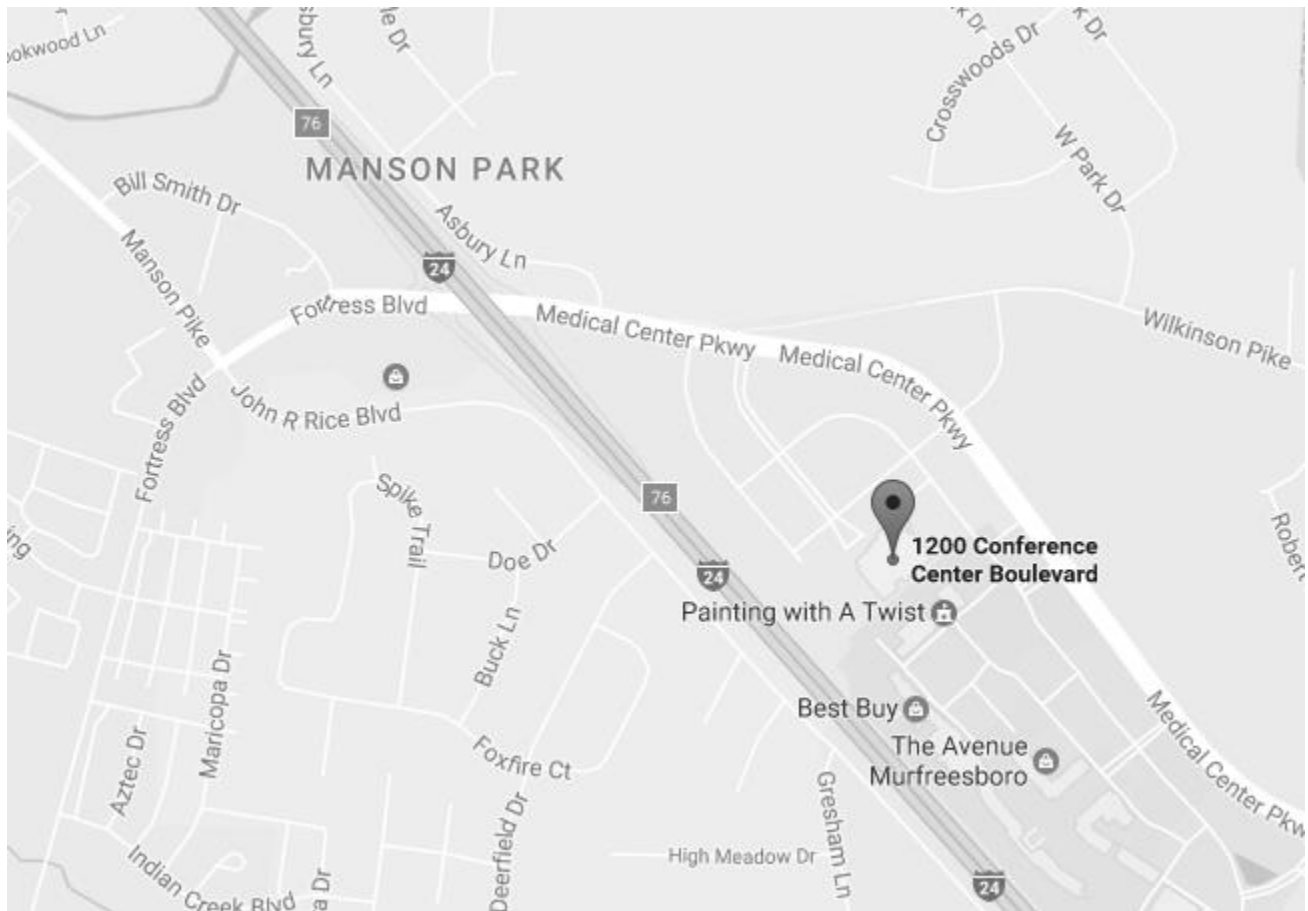
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General Information:

The 2018 Tennessee Foster Parent Conference
"Real Life Heroes"
will be held August 17-19, 2018 at
Embassy Suites Hotel and Conference Center in
Murfreesboro, TN

Address:

1200 Conference Center Blvd
Murfreesboro, TN 37129



Conference Committee Contacts:

Conference Coordinator

Michelle Rigling

micheller@harmonyfamilycenter.org

Department of Children's Services

Ronya Faulkner, DCS Training Director

Joye Duvall, Director of Foster Parent Training

Harmony Family Center

Pam Wolf, Chief Executive Officer

Keith Bailey, Training Director

Taylor Fraser, Conference Support

Tennessee Foster and Adoptive Care Association

Marion Rhines, President

For questions or registration assistance please contact Harmony Family Center at (865) 982-5225 and your call will be directed to the appropriate department or person. You may have to leave a message.

Your call is important and we are committed to helping you with registration. If you have to leave a message, please allow 2 full business days for a response.

Registration Information

The deadline for registration is July 13, 2018 unless the conference fills up before that date. **NO late registrations will be accepted. Onsite registration will not be available.** Pre-Registration is mandatory for all attendees in order to facilitate planning and to ensure that enough hotel rooms are reserved.

WEB: The registration website for the 2018 TN DCS Foster Parent Conference is <http://www.cvent.com/d/mtqfpx>

MAIL: To register by mail, please contact your Foster Parent Support Worker.

Only foster parents who have registered in advance will be permitted to attend the conference. **NO CHILDREN, GUESTS OR OTHER UNREGISTERED FAMILY MEMBERS ARE ALLOWED TO BE AT THE CONFERENCE OR STAY AT EMBASSY SUITES.**

You will be prompted to make workshop selections during the online registration process. For this reason, be sure to review the workshop section and conference schedule before going to the registration website.

Registration Fees are as follows:

2018 Registration Fees: ALL Foster Parents				
Includes 3 meals per participant, snacks and training sessions				
	Association Member		Non-Association Member	
	Individual	Couple	Individual	Couple
Registration	\$45	\$90	\$80	\$160

2018 Lodging Fees				
Lodging fees are added to registration fees during registration.				
	DCS Home*		Private Agency Home	
	Individual	Couple	Individual	Couple
Hotel Room: 1 Night	\$30	\$30	\$108	\$108
Hotel Room: 2 Nights	\$138	\$138	\$216	\$216

*DCS foster homes receive a discount on their first night's lodging costs.

Travel and Commuter Information

Travel:

In accordance with state policy, **parents and staff residing within a 50 mile radius will not be eligible to stay at conference hotels.** Rooms will be assigned on a first come first serve basis through our online registration system. Foster parents who receive board payments from private agencies, shared homes and agency staff are NOT eligible for travel reimbursement. Check with your private agency to see if reimbursement is available. Mileage reimbursement will be at the current state mileage rate.

Commuters:

If you are not eligible for overnight conference accommodations (i.e., you live in Davidson, Rutherford, Williamson or Wilson County), you are eligible for round trip mileage for each day you attend the conference. Foster parents can visit the designated person at the DCS mall in the conference vendor area for additional information.

Hotel Information

If you are staying overnight at the conference, you will receive information regarding hotel assignment and confirmation number prior to the event.

Do not contact the hotel. Your hotel reservations are processed through the conference registration process.

2018 Hotels:

- Embassy Suites Hotel and Conference Center
1200 Conference Center Blvd, Murfreesboro, TN 37129
- Hilton Garden Inn: 1335 Conference Center Blvd, Murfreesboro
- Courtyard by Marriot: 1306 Greshampark Dr, Murfreesboro
- Residence Inn by Marriot: 1409 Conference Center Blvd, Murfreesboro
- Holiday Inn: 1453 Silohill Ln, Murfreesboro
- Holiday Inn Express: 165 Chaffin Place, Murfreesboro
- Fairfield Inn: 175 Chaffin Place, Murfreesboro

More Information:

- **Check-in:** Hotel check-in is not guaranteed until 3pm the date of your arrival. Please plan accordingly and be patient with hotel staff as they try to accommodate and prepare for our large group.
- **Room Type:** There are a limited number of king rooms available. Requests for king rooms will be honored when possible.
- **Accommodations:** If handicap accommodations are required, please select that during the registration process.
- **Guests:** Hotel rooms paid for by DCS are for registered conference participants only.
- **Hotel Charges:** DCS will not pay hotel charges for food, entertainment or other incidentals. All participants will be required to provide credit card to the hotel at check-in to cover any incidental costs. The conference center is a smoke-free facility. A penalty fee of \$150 or more will be charged directly to the participant if there is smoking in your hotel room. This penalty is the sole responsibility of participant.
- **Confirmation Numbers:** You will receive a confirmation number and specific information about your hotel prior to the conference.

Hotel Directions

Directions to Embassy Suites, Hilton Garden, Courtyard by Marriot & Residence Inn

FROM NORTH: Clarksville

Take I-24 E toward Nashville	40.9 mi
Keep right on I-24 and take exit 213A toward Chattanooga	24.5 mi
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 2 nd right onto Conference Center Blvd	0.3 mi
<i>All 4 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i>	

FROM SOUTH: Chattanooga

Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN)	103.3 mi
Take Manson Pike/Medical Center Pkwy Exit 76	0.3 mi
Keep right to take the Medical Center Pkwy ramp (If you reach I-24 W, you have gone 0.4 miles too far)	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.02 mi
Take the 2 nd right onto Conference Center Blvd	0.3 mi
<i>All 4 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i>	

FROM EAST: Knoxville

Take I-40 W toward Knoxville	152.9 mi
Merge onto 840 W via exit 235 toward Murfreesboro	24.0 mi
Merge onto I-24 E via exit 53A toward Chattanooga	2.0 mi
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 2 nd right onto Conference Center Blvd	0.3 mi
<i>All 4 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i>	

FROM WEST: Memphis

Take I-40 E toward Nashville	195.2 mi
Merge onto I-440 E via exit 2016 toward Knoxville	7.4 mi
Merge onto I-24 E toward Chattanooga	23.6
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 2 nd right onto Conference Center Blvd	0.3 mi
<i>All 4 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i>	

Hotel Directions

Directions to Holiday Inn (1453 Silohill Lane, Murfreesboro)

FROM NORTH: Clarksville

Take I-24 E toward Nashville	40.9 mi
Keep right on I-24 and take exit 213A toward Chattanooga	24.5 mi
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 1 st right onto Silohill Lane	0.1 mi

Holiday Inn is on the right.

FROM SOUTH: Chattanooga

Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN)	103.3 mi
Take Manson Pike/Medical Center Pkwy Exit 76	0.3 mi
Keep right to take the Medical Center Pkwy ramp (If you reach I-24 W, you have gone 0.4 miles too far)	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.02 mi
Take the 1 st right onto Silohill Lane	0.1 mi

Holiday Inn is on the right.

FROM EAST: Knoxville

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Merge onto 840 W via exit 235 toward Murfreesboro	24.0 mi
Merge onto I-24 E via exit 53A toward Chattanooga	2.0 mi
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 1 st right onto Silohill Lane	0.1 mi

Holiday Inn is on the right.

FROM WEST: Memphis

Take I-40 E toward Nashville	195.2 mi
Merge onto I-440 E via exit 2016 toward Knoxville	7.4 mi
Merge onto I-24 E toward Chattanooga	23.6
Take Manson Pike/Medical Pkwy Exit 76	0.2 mi
Keep left to take the Medical Center Pkwy ramp	0.05 mi
Turn slight left onto Medical Center Pkwy/Manson Pike	0.1 mi
Stay straight on Medical Center Parkway/Manson Pike	0.2 mi
Take the 1 st right onto Silohill Lane	0.1 mi

Holiday Inn is on the right.

Hotel Directions

Directions to Holiday Inn Express and Fairfield Inn (165 and 175 Chaffin Place)

FROM NORTH: Clarksville

Take I-24 E toward Nashville	40.9 mi
Keep right on I-24 and take exit 213A toward Chattanooga	26.7 mi
Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward	0.2 mi
Continue on TN-96E/Old Fort Pkwy	0.6 mi
Turn right onto Chaffin Place	0.3 mi

Holiday Inn Express and Fairfield in will both be on your left.

FROM SOUTH: Chattanooga

Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN)	101 mi
Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward	0.2 mi
Continue on TN-96E/Old Fort Pkwy	0.4 mi
Turn right onto Chaffin Place	0.3 mi

Holiday Inn Express and Fairfield in will both be on your left.

FROM EAST: Knoxville

Take I-40 W toward Knoxville	152.9 mi
Merge onto 840 W via exit 235 toward Murfreesboro	24.0 mi
Merge onto I-24 E via exit 53A toward Chattanooga	4.2 mi
Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward	0.2 mi
Continue on TN-96E/Old Fort Pkwy	0.6 mi
Turn right onto Chaffin Place	0.3 mi

Holiday Inn Express and Fairfield in will both be on your left.

FROM WEST: Memphis

Take I-40 E toward Nashville	195.2 mi
Merge onto I-440 E via exit 2016 toward Knoxville	7.4 mi
Merge onto I-24 E toward Chattanooga	26 mi
Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward	0.2 mi
Continue on TN-96E/Old Fort Pkwy	0.6 mi
Turn right onto Chaffin Place	0.3 mi

Holiday Inn Express and Fairfield in will both be on your left.

Conference Schedule Overview

Conference attendees can earn up to 20 hours of training by attending the opening session, keynote lunch, workshops and TFACA breakfast.

FRIDAY	August 17, 2018
11:00-8:00	Registration
12:00-5:30	Workshops
5:00-6:00	Appetizers/Reception
6:00-6:45	Opening Session
SATURDAY	August 18, 2019
7:00-4:30	Registration
8:00-12:30	Workshops
12:30-2:30	Lunch/Keynote
3:00-6:30	Workshops
6:30	Dinner on Your Own
SUNDAY	August 19, 2018
7:00-9:00	Registration
7:00-8:00	Devotional and Coffee
8:00-9:00	Breakfast + TFACA Meeting
9:30-1:30	Workshops end by 1:30
1:30	END

2018 Keynote Speaker



Kevin McNeil

Kevin McNeil is an author, motivational speaker and empowerment coach. He is the owner of a motivational speaking company called *Believe*. The company specializes in empowering abuse victims to recover their true authentic selves and live out their life's purpose. With over ten years of experience in public speaking and motivating crowds throughout the United States, he is an energetic and powerful speaker. Kevin shares his personal story of overcoming abuse to motivate people toward living out their dreams.

Kevin has been hired to speak with numerous organizations including, *A Friends House*, *Chris Kids*, *Georgia Department of Family and Children Services*, and *Georgia Network to End Sexual Assaults*. He has also facilitated workshops at the *Georgia Public Safety Training Center* to train Sexual Assault Nurses (S.A.N.E). Kevin has traveled to Macon Georgia where he conducted child safety workshops for the Christian Methodist Episcopal Church (CME). He continues to offer his child safety workshops at churches throughout Atlanta, Georgia.

Kevin is a Special Victims Detective in DeKalb County, Georgia. He has a Bachelor's Degree in Biblical Studies and a Master's of Divinity Degree from the Interdenominational Theological Center in Atlanta, Georgia.

2018 Foster Parent Training Guidelines and Updates

Training Requirements can be found online at:
https://www.tn.gov/content/dam/tn/dcs/documents/training/fpt_TrainingReq.pdf

First Year Parents-required courses include

- Creating Normalcy through Prudent Parenting
- What to Know About Child Exploitation and Human Trafficking
- Working with the Education System (available online)
- Preserving Kindship Families (applies to Kinship Families only)
- 7 additional training hours are required

After the first year requirements include:

- CPR/First Aid Refresher every 2 years
- Medication Administration Refresher every 2 years
- A total of 15 training hours are required (this can include CPR/First Aid and Medication Administration)

2018 Class Series:

*You must take every class in the series to receive credit.

- Trauma Informed Parenting for Teens (TIPS) Part I and II
- Caring for Children Who Have Experienced Trauma (RPC) Part I, II, III and IV
- Adoption Preparation Part I and II
- Youth Mental Health Part I, II and III

For more information, please contact your Foster Parent Support Worker.
Conference staff will not be able to advise you on which workshops to take or provide detailed information about your home's specific training requirements.

Workshop Themes

This page is designed to help you quickly identify workshops about specific topics or themes foster parents may be interested in. You will need to reference the workshop schedules and workshop descriptions for more information.

<p><u>Adolescence to Adulthood</u></p> <ul style="list-style-type: none"> -Fostering Adolescents: What You Need to Know about Adolescent Development, Relationships and Multi Media Impact -Gang Awareness and Prevention -Reality Check -Safety Planning for Teens -Success Beyond 18 -Tough Topics for Teens <p><u>Adoption/Kinship</u></p> <ul style="list-style-type: none"> -Adoption Preparation I and II -Preserving Kinship Families <p><u>Cultural Competency</u></p> <ul style="list-style-type: none"> -Meeting the Needs of LGBTQI Youth -Happy Film Screening -Healthy Haircare -Youth with Disabilities and Decision Making: Why Practice is Essential <p><u>NAS</u></p> <ul style="list-style-type: none"> -Improving Development and Sensory Process in Children Effected by NAS -NAS/Safe Sleep <p><u>Sexual Health & Sexual Abuse</u></p> <ul style="list-style-type: none"> -Caring for the Child with Sexual Trauma -Sexual Behavior in Children: What's Healthy, What's Not and How to Respond -Real World Planning for Adolescents Who Have Engaged in Sexually Abusive Behavior 	<p><u>Social Media</u></p> <ul style="list-style-type: none"> -Social Media and Cyber Safety -Fostering Adolescents: What You Need to Know about Adolescent Development, Relationships and Multi Media Impact <p><u>Stress Management and Self Care</u></p> <ul style="list-style-type: none"> -Caring for the Mind and Body: Intro to Yoga -Self Care for Foster Parents -Reducing Stress <p><u>Trauma/ACES</u></p> <ul style="list-style-type: none"> -Building Strong Brains: TN's ACES Initiative -Caring for Children Who Have Experienced Trauma (RPC) Part I, II, III and IV -Healing Trauma's Effects on the Brain and Body Through the Rhythm of Relationships -Trauma Informed Care: An Introduction -Trauma Informed Parenting (TIPS) -Trauma Sensitive Discipline
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Workshop Selection Guide: Friday Afternoon

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Friday Afternoon Track One

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
12:00-3:00 Impact of Fostering on Birth Children	3:30-5:30 Healing Trauma's Effects on the Brain and Body Through the Rhythm of Relationships
12:00-3:00 Helping Children Make Transitions	3:30-5:30 Sexual Behavior in Children- What's Healthy, What's Not and How to Respond
12:00-3:00 Caring for the Child with Sexual Trauma	3:30-5:30 Gang Prevention and Awareness
12:00-3:00 Working with Birth Parents and Visitation	3:30-5:30 Beyond Deep Breathing- The Use of Sensory Input and Movement to Regulate Children
	3:30-5:30 Creating a Circle of Attachment

Friday Afternoon Track Two

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
12:00-2:00 Reducing Stress	2:30-5:30 My Story Life Book
12:00-2:00 Social Media and Cyber Safety	2:30-5:30 Effective Engagement with Child and Youth Survivors of Sex Trafficking
12:00-2:00 Building Strong Brains: ACES	2:30-5:30 Creating Teachable Moments
12:00-2:00 Medication Administration	2:30-5:30 NAS/Safe Sleep
12:00-1:30 What to Know about Childhood Exploitation and Trafficking	2:30-5:30 Creating Normalcy Through Prudent Parenting
12:00-2:00 Success Beyond 18	2:30-5:30 Loving and Letting Go

Friday Afternoon Track Three

12:00-1:00 Big Data...Family Match	1:30-5:30 Adoption Preparation Part I
12:00-1:00 KEEP Overview	1:30-5:30 CPR/First Aid
12:00-1:00 Basics of Autism	1:30-5:30 Caring for Children Who Have Experienced Trauma Part I
	1:30-5:30 TIPS Part I

Workshop Selection Guide: Saturday Morning

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Saturday Morning Track One

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
8:00-9:00 Population Case Management	9:30-12:30 Creating Normalcy Through Prudent Parenting
8:00-9:00 Caring for the Mind and Body-An Introduction to Yoga	9:30-12:30 Impact of Fostering on Birth Children
8:00-9:00 Your Voice in Action	9:30-12:30 Preserving Kinship Families
8:00-9:00 CANS Overview	9:30-12:30 TIPS Part II
8:00-9:00 How, When and Why to Report Child Abuse	9:30-12:30 Fostering from the Single Parent Perspective
8:00-9:00 Empowering Foster Parent Association Leaders	

Saturday Morning Track Two

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
8:00-10:00 Empowered to Connect-Trust Based Relational Intervention	10:30-12:30 Foster Parent Bill of Rights
8:00-9:30 What to Know About Childhood Exploitation and Human Trafficking	10:30-12:30 Improving Developmental and Sensory Process in Children Affected by NAS
8:00-10:00 Reality Check-Preparing Youth For Life	10:30-12:30 Medication Meditation
8:00-10:00 Trauma Sensitive Discipline	10:30-12:30 Identifying and Working with Youth Who Have Been Trafficked

Saturday Morning Track Three

8:00-12:00 CPR/First Aid Refresher
8:00-12:00 Adoption Preparation Part II
8:00-12:00 Caring for Children Who Have Experienced Trauma (RPC) Part II

Workshop Selection Guide: Saturday Afternoon

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Saturday Afternoon Track One

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
3:00-4:00 Resource Linkage-Community Partnering and Volunteering with DCS	4:30-6:30 Trauma Informed Care: An Introduction
3:00-4:00 Caring for the Mind and Body- Introduction to Yoga	4:30-6:30 The Division of Responsibility in Feeding
3:00-4:00 Received a CPS SIU Referral: Now What?	4:30-6:30 Happy (Film)
3:00-4:00 CASA-Not Just A House	4:30-6:30 Suicide Prevention (QPR)
3:00-4:00 Youth with Disabilities and Decision Making- Why Practice is Essential	4:30-6:30 Fostering Adolescents-What You Need To Know About Adolescent Development, Relationships and Multi Media Impact
3:00-4:00 Caring for the LGBTQ+ Youth	4:30-6:30 Medication Administration
	4:30-6:30 Child Abuse and it's Affect upon Individuals, Families, and Communities
	4:30-6:30 Healthy Haircare

Saturday Afternoon Track Two

2:45-6:45 CPR/First Aid Refresher
2:45-6:45 Youth Mental Health Part I
2:45-6:45 Caring for Children Who Have Experienced Trauma (RPC) Part III
3:00-6:00 Navigating the Legal System
3:00-6:00 TIPS Part I
3:00-6:00 Creating Normalcy Through Prudent Parenting

Workshop Selection Guide: Sunday Morning

*Participants can earn between 1 and 5 credit hours on Sunday depending on activities and classes chosen.

Sunday Morning Track One

*For the most training hours possible, select any class from Session One and any class from Session Two

Session ONE	Session TWO
9:30-10:30 Crisis De-escalation Techniques	10:45-12:45 Health Safety Information Every Parent Needs to Know
9:30-10:30 Self Care for Foster Parents	10:45-12:45 Building Stronger Brains (ACES)
9:30-10:30 Caring for the Mind and Body- Introduction to Yoga	10:45-12:15 What to Know About Childhood Exploitation and Human Trafficking
9:30-10:30 Filling Out the FAFSA (Securing Financial Aid for College)	10:45-12:45 Self Regulation- Helping Kids Build Skills for Staying Calm, Cool and In Control
	10:45-12:45 Medication Administration

Sunday Morning Track Two

9:30-12:30 Caring for the Child with Sexual Trauma
9:30-12:30 Creating Teachable Moments
9:30-12:30 TIPS Part II
9:30-12:30 Loving and Letting Go
9:30-12:30 Your Money Your Goals
9:30-12:30 Working with Birth Parents and Visitation
9:30-1:30 CPR/First Aid
9:30-1:30 Caring for Children Who have Experienced Trauma Part IV
9:30-1:30 Youth Mental Health Part III

Workshop Descriptions (listed alphabetically)

Adoption Preparation Part I and II

Presenter/Agency: Harmony Family Center

*Both sessions required for credit

This workshop will discuss the motives and expectations of adopting. Parents will identify and discuss concerns and fears about adopting and discuss and understand the impact of loss on foster/adoptive parents and children as well as its effect on relationships. Parents will gain a deeper insight and awareness of the self and family system and learn from professionals in the adoption field. This adoption series will help parents gain an understanding of emotional triggers for parents and traumatized children, a deeper understanding of the emotional role birth parents play in the adopted child's life, the importance of trust in the parent/child relationship and an understanding of what healthy and unhealthy attachment behaviors look like. Parents will gain a greater understanding of the impact of trauma on a child's life, insight into stress responses that special needs children display and understanding of attachment parenting. Parents will also develop the ability to identify toxic ruptures that hurt the attachment process and develop a clear path of how to avoid them.

Basics of Autism

Presenter/Agency: Alacia Stainbrook, Vanderbilt

This presentation will focus on the symptoms of Autism Spectrum Disorder (ASD) and how it affects every person differently. Participants will learn about the core characteristics of ASD and how those impact a child's learning and behavior. Participants will also be provided with an overview of recommended services for children with ASD. A few simple strategies for supporting children with ASD, specifically related to communication and behavior, will also be discussed.

Beyond Deep Breathing: The Use of Sensory Input and Movement to Regulate Children

Presenter/Agency: Jan Clifton, Catholic Charities

Children with early life trauma experience developmental impairment that impacts their brain and bodies. They often have been without safe and stable relationships to provide comfort, protection, and nurture to regulate their nervous systems while experiencing chronic stress. As a result, they have a narrow 'Window of Tolerance' for daily stress like being told no or completing homework. Foster and adoptive parents can help by recognizing their child's arousal state and providing sensory input and movement to calm down their bodies and brains. This presentation will provide explanation of impairment seen in the nervous system and give practical tools to help co-regulate children in distress. Be ready to move!

Big Data and What it Means for Adoptive Families: How Family-Match is a Game Changer for Tennessee's Children and Families

Presenter/Agency: Thea Ramirez, Adoption-Share, Inc.

This is a unique opportunity for professionals and families to learn about Family-Match and to take a closer look at data science and how it can be applied to promote better outcomes for children and families from placement to post adoption. Family-Match is a data driven technology that promotes stability and permanency for children in foster care through compatibility matching. In this session, you will hear how big data and predictive modeling can improve placement outcomes for foster children and explore how the technology is being implemented in Tennessee. Note: Family-Match will start as a pilot with DCS foster homes with the anticipation of including provider agency foster homes in 2019.

Building Strong Brains: Tennessee's ACES Initiative (2 hours)

Presenter/Agency: DCS

Tennessee's ACES Initiative is an effort to impact understanding of the latest brain science to prevent and mitigate the impact of adverse childhood experiences. In this workshop, participants will gain an understanding of how early childhood experiences impact brain development, learn four core concepts of development, learn how healthy child development is the foundation of the individual child and our communities as well as gain a basic understanding of neural development. Participants will also learn how intergenerational transmission of early adversity occurs and how early life stress impacts life-long health and development. Finally, participants will learn what can be done to remediate the effects of ACES.

CANS Overview

Presenter/Agency: Department of Children's Services

The Child and Adolescent Needs and Strengths (CANS) screening is a tool developed for children's services to support decision making, including level of care and service planning, to facilitate quality improvement initiatives and to allow for the monitoring of outcomes of services. The CANS is easy to learn and is well liked by parents, providers and other partners in the services system because it is easy to understand and does not necessarily require scoring in order to be meaningful to an individual child and family. This workshop provides an overview of CANS and provide foster parents with time to ask questions.

Caring for Children Who Have Experienced Trauma Part I, II, III and IV

Presenter/Agency: Department of Children's Services

***All four sessions required for credit**

Many children in foster care have lived through traumatic experiences and this can affect their behavior, feelings, relationships and view of the world in profound ways. Children's trauma can affect us too causing compassion fatigue, painful memories and disruption in placements. In this 4-part training we will be looking at trauma and its effects, addressing how to deal with feelings and behaviors, discussing healing and advocating as well as suggesting ways to take care of yourself.

Caring for the Child with Sexual Trauma

Presenter/Agency: New Visions

This training addresses issues of coping with and responding to disclosures, managing sexual acting-out behaviors, developing family rules that are relevant to the sexually abused child, understanding myths and realities of sexual abuse, realizing the important role of therapy, and understanding the potential outcomes for children who have been victimized.

Caring for the Mind and Body: Introduction to Yoga

Presenter/Agency: Kate Johnson, Harmony

Suitable for first-time and experienced yoga students- no previous experience required. We will practice gentle postures and breathing techniques to create a sense of balance, settle the nervous system, and calm the body and mind. Come enjoy an hour long workshop to practice self-care, relieve tension and stress, and develop simple relaxation techniques to incorporate into your daily life.

CASA 101: It's Not Just a House

Presenter/Agency: Lynne Farrar and Wendy Spence, CASA

This workshop will cover the mission of CASA (Court Appointed Special Advocates) from the local level, through the state and national network. We will cover the basics of CASA Advocacy, such as what a CASA volunteer does and the state statute for CASA. We will look at CASA's place in the child welfare system and the role of both Tennessee CASA and National CASA. We'll explore the alphabet soup of acronyms (CASA, DCS, CPS, CAC, CFTM, TPR – what?!?) We will also discuss training and technical assistance opportunities and there will be time for questions.

Child Abuse and it's Affect upon Individuals, Families, and Communities

Presenter/Agency: Kevin McNeil (Keynote Presenter)

Join our keynote speaker for this class related to child abuse, its prevalence and its affect upon individuals, families and communities. Kevin is a Special Victims Detective in DeKalb County, Georgia. Throughout his 18-year career as a law enforcement officer and detective, Kevin has testified in court as an expert witness and is responsible for putting together numerous cases for prosecution against sex offenders. Kevin has investigated and solved several high profile media cases; including six serial rape cases and five child murder cases. His years of experience as a police officer and detective allow him to consult with local law enforcement agencies as well as Child Advocacy Centers, hospitals, school systems and state family protective service agencies. He helps agencies measure the effects of abuse and educates the general public on how to recognize and report abuse to the proper authorities.

CPR & First Aid

Presenter/Agency: Harmony Family Center

This course, required of all foster parents, instructs participants in the basic CPR and first aid skills that can sustain or save a life while professional emergency help is on the way. This training will make the home and work environment safer by preventing illness and injury as well as allowing parents to quickly recognize and respond to emergencies.

Creating a Circle of Attachment

Presenter/Agency: Mallory Morris, Catholic Charities

Creating a healthy attachment relationship can be challenging with kids who come from hard beginnings. By understanding the cycle of attachment, healing can begin for children who have experienced trauma by providing a secure, safe base from their caregivers. Learn how children cue and miscue their caregivers and how caregivers can learn to read their needs on the circle of attachment and execute 'being with' big emotions.

Creating Normalcy through Prudent Parenting

Presenter/Agency: New Visions

This 3-hour course, required of all foster parents, introduces and instructs participants on how to create normalcy through the reasonable, prudent parent standard which is characterized by careful, thoughtful parental decision-making that is intended to maintain a child's health, safety and best interest, while creating a more normal life. Participants will be able to recognize the importance of normalcy, implement the prudent parent standard and learn more about providing access to age appropriate activities.

Creating Teachable Moments

Presenter/Agency: Harmony Family Center

This course was created to address the skills that youth need in order to navigate life in the direction of success. The tools youth need are easily obtained with the help of a significant personal connection who takes an interest in teaching them. This course will discuss the ways we work with our youth, which falls into two categories: teaching tangible skills (such as problem solving, planning, decision-making, time management, communication and interpersonal relations) and teaching intangible skills (such as cooking, budgeting or how to get a summer job). Caregivers can provide these skills by creating teachable moments with youth. This material will help foster parents have a better understanding of the lasting impact they can have on a youth's future.

Effective Engagement with Child and Youth Survivors of Sex Trafficking

Presenter/Agency: DCS

The presentation will provide an overview of the issue of sex trafficking as it exists in our state, potential warning signs of trafficking, risk factors, associated with the crime, and preventative measures that foster parents can adopt. In addition, the updates incorporate findings from the Safety Systems Analysis and focuses on the health needs of children and youth who have been trafficked.

Empowered to Connect/Trust Based Rational Intervention (TBRI)

Presenter/Agency: Harmony Family Center

TBRI® is a holistic approach that is multi-disciplinary, flexible, attachment-centered and challenging. It is a trauma-informed intervention that is specifically designed for children who come from “hard places” of maltreatment, abuse, neglect, multiple home placements and violence, but you’ll see that the principles apply to all children. TBRI® consists of three sets of harmonious principles: connecting, empowering and correcting. In this course, we will provide an overview of these principles.

Empowering Foster Parent Association Leaders

Presenter/Agency: Myra Cooper, TFACA

This workshop will inform foster parents of the benefits of being a member of local and state associations. The governing elements of local associations will be covered, including how to conduct meetings and IRS and TFACA requirements. The Minimum Standards for Local Associations will also be explained. This workshop is open to anyone interested in starting or growing a local association and those interested in the operations of the Tennessee Foster and Adoptive Care Association (TFACA).

Filling Out the FAFSA (Securing Financial Aid for College)

Presenter/Agency: Tyler Cox and Emma Hlubb, Martin Methodist College

This workshop will inform parents how the FAFSA is used at a post-secondary institution to determine eligibility for federal financial aid for school. The FAFSA outlines the student's (or his/her family's) assets and income and determines the amount he/she is expected to pay for education (EFC). We will discuss the steps needed to complete the FAFSA from point A onward to completion. Highlighting the main requirements to complete the FAFSA. Such as; FSA ID, Data Retrieval Tool, and Verification. We will also cover special circumstances as pertaining to the FAFSA. Ex. Adoption, Legal guardianship, and Custody scenarios.

Focusing on TennCare for Children in Foster Care

Presenter/Agency: Blue Cross Blue Shield (Panel)

Calling all volunteers! Want to be a part of an exciting new focus group presented by BlueCare Tennessee? During this hour we will present a panel lead discussion on what benefits and programs are offered by BlueCare Tennessee and to seek feedback on how we can improve. If you are interested in participating and wish to provide feedback, please plan to attend this class.

Foster Parent Bill of Rights

Presenter/Agency: Nancy Woodall and Johnetta Lane

This workshop covers the 25 tenets and subsequent amendments that govern the way foster parents are viewed and treated as part of the professional team that serves children in the child welfare system of Tennessee. The Foster Parent Bill of Rights outlines the

department's commitment to providing foster parents with the support, training and resources they need to provide for Tennessee's foster children.

Fostering Adolescents: What You Need to Know about Adolescent Development, Relationships and Multi-Media Impact

Presenter/Agency: Dr. Jacqueline Page

Adolescence can be a challenging time for both parents and youth. It is a period of development and change as the youth moves towards young adulthood. This phase of life is a crucial period encompassing emotional wellbeing, social, mental and physical development. Understanding the developmental process is beneficial to parents of adolescents including informing parental strategies that are developmentally congruent. This session will address adolescent development considerations in a straightforward manner with a goal of reinforcing your efforts while also helping you feel better equipped to face some of the inherent challenges of parenting adolescents in today's world. We'll review core developmental considerations, discuss adolescent relationships and explore the reality of the multi-media world and its impact on adolescents. In addition realistic parenting strategies will be discussed. Understanding the adolescent of today helps those in the parenting role be prepared to handle a variety of situations and support healthy development.

Fostering from a Single Parent Perspective

Presenter/Agency: New Visions

This workshop will review both myths and little known facts about fostering as a single parent. Participants will discuss the challenges of being a single foster parent and presenter will incorporate real-life scenarios to enhance the discussion. Participants will receive guidance and strategies on how to deal with common challenges faced by single foster parents and additional resources will be provided that will continue to support single foster parents beyond the conference.

Gang Awareness and Prevention

Presenter/Agency: Korey Cooper and Sergeant Orlando Cox

Gangs pose a dangerous and direct threat to our children, our schools and our community. To help empower parents and combat the rise of gang activity, this workshop aims to increase awareness about the presence of gangs throughout our community. This class will discuss what Tennessee laws say regarding criminal street gangs, different origins of gang activity, and methods of identifying and dealing with criminal street gangs in the community. It will inform parents about the range of gangs in our community, the signs and symbols used by gangs and ways to proactively prevent your child from joining a gang.

Healthy Haircare

Presenter/Agency: Tamika Turner, The Institute of Beauty

**** This course meets the DCS Culture Training requirement***

Caring for your child's hair can be a daunting experience, but it doesn't have to be. In this class you will learn how to master the art of caring for ethnic hair through education regarding the right technique and the right products. This class will educate parents on product knowledge and how to identify hair types and textures. We will also teach 2 hands on techniques so that the parents will feel empowered and confident in creating beautiful styles and help build the confidence of their children.

Happy

Presenter/Agency: Department of Children's Services

HAPPY is an award-winning documentary that takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories of people from around the world and powerful interviews with the leading scientists in happiness research, HAPPY explores the secrets behind our most valued emotion. Participants will watch and explore ideas presented in the film and consider ways to apply them to their own lives.

Healing Trauma's Effect on the Brain and Body through the Rhythm of Relationships

Presenter/Agency: Dr. Keith Bailey

When children experience trauma and neglect, it literally changes their brains and bodies. This workshop will give information on the changes that take place, how it affects behavior, and what techniques and activities foster parents can use to help children heal.

Health Insurance Basics

Presenter/Agency: Vikki Hood, Blue Cross Blue Shield

This course will discuss the basics of healthcare for children in state custody. Topics will include an introduction to insurance, available services, how to contact the healthcare provider and what resources are available to BCBS members. Emphasis will also be placed on preventative care topics. Foster parents will have the opportunity to interact with representatives from TennCare Select and ask questions about healthcare.

Health Safety Information Every Parent Needs to Know

Presenter/Agency: Betsy Lowe and Melandie Akins, Department of Children's Services

During this workshop parents will receive information on the DCS Safety System Analysis process and critical health information that every parent should know prior to and during a placement. Finally, foster parents will learn about resources that can assist them when fostering children and youth that may have significant health concerns.

Helping Children Make Transitions

Presenter/Agency: Harmony

The course provides participants with information that will help them to work with children who are in transition. Understanding the issues faced by these children and their families as they move from one setting to another is the focus of this course. Techniques to help

children through this time of trauma, with emphasis on maintaining significant relationships, are discussed.

How, When, and Why to Report Child Abuse: The DCS Child Abuse Hotline Perspective

Presenter/Agency: Valerie Schwetschenau, DCS and Amy Taylor, DCS

The Child Abuse Hotline is the first step in reporting abuse and potentially initiating DCS involvement. The hotline receives around 500 calls a day on average, resulting in hundreds of cases being opened within Tennessee on a daily basis. This workshop is specifically geared toward helping foster parents recognize signs of child abuse and neglect and how to report those concerns to the Tennessee Child Abuse Hotline. By the end of the training, participants will leave with a better understanding of the DCS intake process and how to be prepared for making a call to the Child Abuse Hotline.

Identifying and Working with Youth Who Have Been Trafficked

Presenter/Agency: Natalie Ivey, Community Coalition Against Human Trafficking

**** This workshop meets the DCS "What To Know about Child Exploitation & Human Trafficking" requirement***

This workshop will address common misconceptions surrounding the issue of human trafficking and discuss what human trafficking actually looks like in our community, the prevalence of the problem, and the intersection of human trafficking and the foster care system. The training will also provide tips and tools for working with youth who have been exposed to trafficking in the foster care setting.

Impact of Fostering on Birth Children

Presenter/Agency: New Visions

Adding a foster child to the household naturally stirs up a variety of emotions. Birth children of foster parents may be excited at the prospect of a new child in the home, but at the same time may be jealous of the time and energy their parents devote to the new child. This course explores what birth children may feel through all phases of the fostering process and offers tips for helping them cope.

Improving Developmental and Sensory Processing Function in Children Affected by NAS: A Physical and Occupational Therapy Approach

Presenter/Agency: Chrystal Henley, OT and Jennifer Walkup, PT

This course will provide an overview of the impact that neonatal drug exposure can have on babies as well as older children in regards to gross and fine motor development and sensory processing. It will discuss the purposes of occupational and physical therapy and how they can help to improve deficits caused by NAS. A review of typical and atypical development for newborns through school aged children will be provided in order to recognize red flags indicating difficulties that need to be formally addressed by an occupational and/or physical therapist.

KEEP Overview: Introduction to Keeping Foster and Kinship Parents Trained and Supported

Presenter/Agency: Emily Parks

Through the Title IV-E waiver-Demonstration Project, DCS has implemented services and supports across both in-home and foster care/placement services. The desired outcomes of In Home Tennessee are to improve the quality of casework services by engaging families and connecting with stakeholders in designing and delivering individualized services to meet families' needs, enhancing families' capabilities to keep children safe, and building organizational capacity to implement system change to meet the needs of families.

Loving and Letting Go

Presenter/Agency: Harmony Family Center

This workshop will help foster parents address the grief and loss they experience when children in their homes return to their birth parents or other permanent placements. Techniques will also be provided on how to manage the stress that accompanies grief during the transition period of a foster child leaving the home.

Medication Administration Refresher

Presenter/Agency: Belinda Bernard, RN

This refresher course, required for all DCS foster parents every two years, includes an update on medication administration policies and procedures. The course also provides an update on knowledge and safety related to effectively administering medications to children in care. Topics included range from self-storage and disposal of medication to common errors in medication administration.

Meeting the Needs of LGBTQI Youth

Presenter/Agency: Jordan Constantine, DCS

This workshop will discuss and educate the participants on Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth and the issues faced by young people. The workshop will also provide resources and advocacy strategies for foster parents.

My Story...So Far! (Life Book Class)

Presenter/Agency: Jane Dick and Julie Flannery

As parents and professionals who care for children, we know that we become a vital part of their "life story" somewhere in the middle – we are "suddenly" moms, dads, trusted helpers. When they become "our" children, for a season or a lifetime, we become the holders of a story that has already begun and will continue into the future. The child we care for has been living a story that is complicated and rich, with nuances of pain and love, loss and resilience. One of the greatest gifts we can give to our children is to understand and honor what began for them long before we knew them and help them feel safe enough to share their story with us. "My Story... so far" will offer tools, techniques, and practice with helping children share and make sense of their unique and personal histories.

"If we can share our story with someone who responds with empathy and understanding, shame can't survive." - Brene Brown

NAS/Safe Sleep

Presenter/Agency: Belinda Bernard, RN

This workshop will increase the knowledge of parents who are fostering or considering fostering infants affected by neonatal abstinence syndrome (NAS). Parents will learn to understand the effects on infants exposed to drugs during pregnancy and will also learn non-pharmacological ways to sooth and comfort infants. The ABCs of safe sleep are also covered.

Navigating the Legal System

Presenter/Agency: Department of Children's Services

This workshop will discuss various aspects of the legal system and address how resource parents can work effectively within the court system. The workshop will address the roles of children's advocates, including a Guardian Ad Litem, and court representatives. Discussion will be held concerning how everyone involved can work toward a partnering relationship.

Population Health and Case Management (BCBS)

Presenter/Agency: Cheryl Murphy RN, Marie Lawson RN and Melanie Markiewicz RN (BCBS)

This course introduces Foster Parents to our CareSmart® Population Health Program. Our staff will help you understand what programs are available whether your child is well, has an ongoing health problem or a serious health episode. Participants will be allowed to ask questions and receive education on how to enroll. We provide Special Help for various health concerns, Individual Health Coaching and Tips for Healthier Living.

Preserving Kinship Families

Presenter/Agency: New Visions

This 3-hour class covers information previously available through Kinship Family Dynamics and Kinship Family Role Conflict. Participants will gain a greater understanding of the factors that are constantly shifting family dynamics from differing communication styles and changes in parental roles to family traditions. Participants will explore ways to adapt to change in family dynamics and learn techniques to address role conflicts that occur as a result of kinship placements. Working with birth parents and how to handle stressors that can occur from being a kinship placement will also be discussed.

Real World Safety Planning for Adolescents Who Have Engaged in Sexually Abusive Behavior

Presenter/Agency: Dr. Jacqueline Page

Safety planning related to adolescents with problematic sexual behavior often raises questions. It is recognized that there is a need for safety rules, but typically there are questions about how rigid are the rules, are there any exceptions, does the youth have to be supervised at all times, etc. However, safety rules are just one component of the plan. The other component is ensuring that the plan supports healthy adolescent development. Balancing these two components can raise additional questions. Those in the parent role

may find themselves second guessing what's okay and what's not. Therapists can help guide decisions, but life isn't limited to therapy. This presentation takes a straight-forward approach to safety planning. Real world examples are utilized to facilitate an interactive discussion about safety rules balanced with the adolescent's involvement age appropriate activities. The group will have an opportunity to participate in the development of a safety plan.

Reality Check: Preparing Youth for Life

Presenter/Agency: Lori Hammonds, Department of Children's Services

This interactive simulation is designed to give participants hands on experience in making financial and daily decisions in order to sustain their households for a month. Most youth have unrealistic ideas on living independently and have little awareness of what is needed to make it on their own. Youth aging out of foster care often lack the support system to fall back on when their plans don't work out and it is critical that they have the tools necessary to make sound decisions. National statistics sadly show that youth aging out of foster care are disproportionately represented in four social ills: homelessness, incarceration, committal to mental health institutions and poverty. This engaging workshop will teach participants how to better help our youth successfully prepare for life.

Received a CPS SIU Referral: Now What?

Presenter/Agency: Kristen Turner, MSW, and Courtney Matthews, LMSW

This presentation will introduce participants on how the Special Investigations Unit and Provider Quality/Foster Home Team work together when allegations of abuse are alleged to residential facilities and foster homes. Participants will learn the process of how foster homes are placed on freeze and how the department works with provider agencies as well as DCS foster home support to ensure appropriate services are placed in the home to support family and child(ren).

Reducing Stress

Agency/Presenter: DCS

Day-to-day life is full of naturally occurring stress. The addition of a foster child, especially one with problem behaviors, can alter the family dynamic, compounding existing stress. This course discusses how the stressors that accompany fostering can be reduced and provides insight into and strategies for preserving a nurturing family environment.

Resource Linkage: Community Partnering and Volunteering with DCS

Presenter/Agency: Dana Eskridge, Department of Children's Services

DCS Resource Linkage presents an overview of what Resource Linkage is, how it came into being and how DCS Resource Linkage program works within both rural and urban region communities to build partnerships that support, empower and enrich the children and families of abuse or neglect. Participants shall have an understanding of urban and rural perspectives on DCS Resource Linkage assistance.

Self-Care for Foster Parents

Presenter/Agency: DCS

This workshop will help foster parents understand the importance of self-care. Parents will be able to do the following:

- Recognize the importance of self-care for foster parents
- Identify the key terms related to trauma and stress
- Recognize the symptoms of Secondary Traumatic Stress and how to fight against it
- Identify key self-care tips
- Participants will be able to develop a self-care plan to prevent or address Secondary Traumatic Stress

Self-Regulation: Helping Kids Build Skills for Staying Calm, Cool and In Control

Presenter/Agency: Allison Douglas, Harmony Family Center

This workshop takes a deeper look at self-regulation and executive functioning in children with histories of trauma, abuse, neglect or substance exposure. This workshop will focus on the meaning and impact of self-regulation, how childhood maltreatment effects these skills, the relationship between self-regulation and behavior and how committed adults can assist kids in building these vital skills.

Serving Juvenile Justice Youth in Foster Care

Presenter/Agency: Misty Neeley, DCS and Tyran Copeland, DCS

This presentation will engage foster families and spark interest in serving delinquent youth. Foster parents will be given an overview of the current structure of the Office of Juvenile Justice at DCS while learning about the delinquent population strengths and needs.

Sexual Behavior in Children: What's Healthy, What's Not, and How To Respond

Presenter/Agency: Dr. Jacqueline Page

Adults are often uncomfortable talking about sexual behavior in children. The reality is that sexual behavior is a natural part of childhood development. However, when sexual behavior occurs adults may be unsure about what behaviors are natural and healthy and what behaviors are a cause for concern. This presentation provides helpful information for recognizing when the behavior is healthy versus when the behavior is concerning or problematic. What is known about childhood development as it relates to children's sexual behaviors will be reviewed. In addition, signs of problematic sexual behavior will be discussed. We'll also talk about how to respond to sexual behavior including when the behavior is concerning or problematic. Tips on how to support healthy sexual development of children will be provided. The presentation will be interactive in nature with foster parents being encouraged to ask questions and be involved in the discussion.

Social Media and Cyber Safety

Presenter/Agency: Harmony Family Center

Cyberbullying happens 24 hours a day, 7 days a week and reaches kids even when they are alone. This workshop will explore ways that parents can help prevent cyberbullying and

how to respond if you find out your child has become a victim of cyberbullying. Participants will also learn about the dangers and legal ramifications of sexting. In this workshop, participants will also gain a greater understanding of social media dangers that affect foster children and learn the basics of Internet Safety. Texting abbreviations and the language of social media will be covered. Foster parents will learn ways to help children avoid internet “danger zones” as well as implement parental controls on computers and mobile devices.

Success Beyond 18: Transitioning Youth to Adulthood

Presenter/Agency: DCS

The Office of Independent Living helps youth in foster care and young adults who age out prepare for adulthood and become empowered, confident, competent and productive individuals. Federal grants and state funds support education attainment, basic needs such as housing support and staff allocations. This presentation will provide a broad-based spectrum of services available to help youth successfully transition to adulthood and become proficient in adult living skills. This workshop will provide guidance to foster parents on how to help youth transition by supporting the youth’s transition plan as well as how to encourage the youth to have an active voice in order to be empowered to make decisions about their lives, needs and abilities.

Suicide Prevention

Presenter/Agency: DCS

Foster parents play a significant role in suicide prevention. This presentation covers topics from awareness and primary prevention, to intervention and suicide risk assessments.

The Division of Responsibility in Feeding

Presenter/Agency: Shelia Bates, Blue Cross Blue Shield

Learn more about Ellyn Satter’s Division of Responsibility approach to dealing with picky eaters, gorging and the power struggles so common in feeding foster children. Class participants will have the opportunity to share their wisdom and learn from others as well.

Trauma Informed Care: An Introduction

Presenter/Agency: Dr. Deanne James, BCBS

A child’s experience of trauma can have lasting effects later in life that impact every area of human functioning – physical, mental, behavioral, social and spiritual. This course will discuss how to identify and provide tips on how to deal with childhood trauma. This class is presented by Dr. Jeanne James, Chief Medical Officer, BlueCare Tennessee.

Trauma Informed Parenting Strategies I and II (TIPS)

Presenter/Agency: DCS

****Must attend both Part I and II for credit***

This workshop looks at how trauma affects brain development in teens, and how to view behaviors through a trauma lens to determine the most effective parenting strategies.

Topics include: Trauma-Informed Parenting, Teen Development, Issues Faced by Teens including Justice Involvement and Behavior Management.

Trauma Sensitive Discipline

Presenter/Agency: Allison Douglas, Harmony Family Center

Children who have been abused, neglected or substance exposed often need a very different type of discipline than children who have been nurtured since before birth. This workshop will explore the effects of trauma on developing brains, introduce the S.E.T. method for assisting kids with behavioral change and give practical examples of mindful discipline techniques for challenging behaviors.

What to Know about Child Exploitation and Human Trafficking

Presenter/Agency: Harmony Family Center

This course will offer foster parents insight into the criminality of child exploitation and human trafficking. Participants will learn about the physical and psychological impact it has on children and about the importance of protecting and educating children about the dangers of being lured into this fast-growing illegal activity that is considered modern day slavery.

Working with Birth Parents and Visitation

Presenter/Agency: New Visions

This course helps everyone involved in foster care gain an appreciation for the critical role of birth parents in the lives of children in care. Participants will have an opportunity to explore the impact that a child's history and visits with his/her parents have on behaviors. The course also provides participants with a better understanding of federal and state mandates on child visitation, the importance of visitation and why supporting this contact is important to a child's developmental and mental wellbeing. Participants will also learn to identify the reasons for a child's behavior before, during and after visitations and how to strategically minimize these behaviors.

Your Money Your Goals

Presenter/Agency: DCS

For many years now it has been clear that many youth in foster care face a range of financial challenges. Youth exiting foster care and transitioning to adulthood face an unusual array of financial barriers that may include actions as basic as difficulty in opening a first checking account, getting co-signers for the first apartment or first car loan as well as a general lack of financial experience that is gained by other young people. Your Money Your Goals is a toolkit that foster parents and social services organizations can use to help youth set goals, choose financial products and build skills in managing money, credit, and debt.

Your Voice in Action!

Presenter/Agency: Julie Rotella

The focus of this workshop is to honor and recognize our Treatment Foster Parents by listening and learning from them. Do you feel at times like the “system” doesn’t hear you? Do you want to be a part of the Solution? Yes? Great, because we want to hear from you! We believe our Treatment Foster Parents are in the unique position of truly knowing what is going on in the trenches. We also believe Foster Parents are the best strategy for recruiting other Foster Parents (research supports this as well) We would like for you to share your insights with us. Through this effort, our hope is to better support you as you work to nurture and heal our most vulnerable kids.

Your feedback will be utilized to support the larger initiative of Tennessee Therapeutic Foster Care (TN TFC). This is an ongoing collaboration and partnership between DCS and Providers to enhance Therapeutic Foster Care. Our guiding principle: Permanency is the Key: We embrace the philosophy that kids need attuned normalized family environments that maintain or lead to permanency.

Youth Mental Health First Aid I and II (both required for credit)

Presenter/Agency: DCS

****Both parts required to receive any credit***

This 2-part course teaches participants the risk factors and warning signs of mental health challenges, common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance abuse disorder. Participants will learn how to support a youth developing signs and symptoms of a mental illness or emotional crisis by applying a core five-step action plan.

Youth with Disabilities and Decision Making: Why Practice is Essential

Presenter/Agency: Ned Solomon and Emma Garton, TN Council on Developmental Disabilities

The adage “practice makes perfect” is not usually applied to the concept of decision making. It’s easy to take for granted the right to make our own decisions, big and small, and to learn from them. For people with disabilities, the opportunity to make one’s own decisions is not always guaranteed. With the best of intentions, family and caregivers often speak for individuals with disabilities- inadvertently making decisions for them too. By the time a person becomes an adult, decision-making may be a skill not yet practiced or mastered, which can create a cycle of dependence referred to as “learned helplessness”. This session will focus on how we can support youth in learning decision-making skills, working towards the goal of independent adulthood. This concept is known as “Supported Decision Making”. It is a national best practice endorsed by the National Guardianship Association, the American Bar Association, and countless disability organizations.

Online Registration Instructions

Before You Register:

1. Review the Conference Brochure before registering.
2. Consult with your Foster Parent Support Worker and/or anyone you may want to take a workshop with before you register.
3. Decide on the workshops you want to sign up for before going to the registration website.

Step by Step Instructions:

1. Go to the registration website: <http://www.cvent.com/d/mtqfpx>
2. Select the green "Register" button from the home page.
3. Enter your First Name, Last Name and Email Address.
4. Select Your Registration Type (either DCS Foster Parent or Private Agency). Select "Next".
5. Enter your phone number and mailing address information. If applicable, add your spouse or partner in the "Guest" section of this page. Select "Next"
6. Select the Appropriate Registration based on whether you are a current member of TFACA. Select "Next".
7. Select your Workshop Sessions for you.
8. Before proceeding, select your Optional Items such as a Hotel Room if you need it. Select "Next".
9. Select workshops for your guest. (You will be required to select workshops twice- once for yourself and once for your guest). Select "Next".
10. Answer registration questions. Select "Next"
11. Review your Registration Summary for Accuracy. If Correct, Select "Next".
12. Complete Payment information screen. Select "Finish"
13. Print your confirmation and agenda for your records.
14. Be sure to check your email for updates, reminders and hotel confirmations

If you have trouble registering, you may call Harmony Family Center for technical assistance. Please allow up to 2 business days for a response.

Tennessee Foster and Adoptive Care Association (TFACA) Overview



About: The Tennessee Foster and Adoptive Care Association (TFACA) is a nonprofit organization that functions as an advocacy support group for resource parents throughout the state of Tennessee. TFACA encourages and motivates foster and adoptive parents, as well as any other interested member of the community, to work together to promote the general welfare of foster children. We assist in communications between foster and adoptive parents and others concerned with the growth and development of foster children. **Website:** www.tfaca.net.

TFACA Breakfast: The TFACA Breakfast on Sunday is open to any foster parent attending the conference. Attendees receive 1 credit hour for their attendance. The breakfast includes a buffet style breakfast, information about TFACA and the Association's Board Meeting.

Membership: Membership is open to all foster or adoptive parents, employees of the Tennessee Department of Children's Services, and citizens concerned about the well-being of foster and adoptive parents and children. Membership is \$20 per year and members receive a discount on their conference registration. Membership application and payment must be completed through TFACA's website.

Silent Auction: TFACA asks each local association and DCS region to donate a basket of items to be auctioned during the conference. The basket should include high-quality items. The items purchased or hand-crafted should attract the attention of participants. The Silent Auction will run throughout the conference and everyone will have the opportunity to bid. Proceeds from the auction will benefit the TFACA Scholarship Fund. Door prize items should be brought to the conference. For more information, contact Peggy Carroll, Silent Auction Chair, at 423-462-5808.

TFACA Scholarship: Foster, birth and adoptive children of TFACA members are eligible to apply for the Kenneth P. and Maxine Fox Scholarship. Applications must be submitted by the TFACA deadline to be considered. Visit the TFACA website for more information: <http://www.tfaca.net/scholarships.html>

TFACA Elections: The annual elections will be held at the Tennessee Foster Parent Conference. To cast your vote, visit the Elections Table on Saturday between 8:00am and 6:00pm. Visit the TFACA Website for more information.

2018 Vendor Information

We welcome and appreciate vendors at our conference. Providing support, resources and relevant information to our foster parents is very important. Vendors can register through the registration website.

Vendor Fees for 2018

	Vendor Fee	Hotel Fee
Commuter	\$75	\$0
Friday Night/1 Room	\$75	\$108.00
Saturday Night/1 Room	\$75	\$108.00
Full Weekend/1 Room	\$75	\$216.00
Friday Night/2 Rooms	\$75	\$216.00
Saturday Night/2 Rooms	\$75	\$216.00
Full Weekend/2 Rooms	\$75	\$432.00
Extra Table	\$50	
Saturday Lunch Tickets	\$25	

Vendors agree to the following:

- Vendors must exhibit at the conference both Friday and Saturday.
- Vendor booth setup starts on Friday at 10:00 am.
- Vendor booths must be cleared by Sunday at 12:00pm.
- The standard vendor fee includes one table and tablecloth plus two chairs.
- Vendors are responsible for paying for their own meals and hotel rooms.
Saturday Lunch tickets and additional table space can be purchased through online vendor registration.

Register as a vendor:

1. Register online at: <http://www.cvent.com/d/mtqfpx>
2. Select the green "Register" button on the home screen
3. Enter your name, email address and select "Vendor" Registration Type, Select "Next"
4. Enter your contact information. Use the "Guest Information" section to add other booth attendees, if applicable. Select "Next".
5. Select Optional Items such as extra table and meal tickets or hotel room, Select "Next"
6. Answer Hotel Room Related Questions, Select "Next"
7. Review Your Order, Select "Next", Complete Payment and "Finish"

Frequently Asked Questions

Question: **When is the deadline for conference registration?**

Answer: The deadline for registration is July 13, 2018 unless the conference fills up (sells out) before that date. There will be no onsite registration this year. Due to our new registration process, there will be no exceptions.

Question: **How do we register if we are a foster parent couple?**

Answer: Foster parent couples can register together this year. One foster parent will be the primary registrant and their spouse or partner will be considered their "guest." Please add your spouse or partner as a guest during the registration process. You will only need to choose one hotel room. You will have the opportunity to choose workshops separately as part of the registration process.

Question: **How do I change my workshop selections?**

Answer: You can use your email and confirmation number to change your workshop selections through July 13, 2018. After that date, your selections are final. For this reason, it is important that you read all the workshop descriptions and discuss options with your Family Service Worker before registering. If there are fellow foster parents that you want to attend a workshop with, you will need to talk to them in advance to decide on those workshops before registering.

Question: **What time does check in start at the conference?**

Answer: Onsite check-in starts at 11:00 am on Friday, August 17, 2018. If your class starts at 12:00 pm, be sure to arrive in plenty of time to check in, get your name badge and find your workshop. Check-in will take place in the lobby of the Embassy Suites Hotel. If you are staying at the hotel, your room may not be ready until later in the day. Hotel room check-in is not guaranteed until 3:00 pm.

Question: **How many training credit hours are available this year?**

Answer: Depending on the workshops you choose and the optional activities you participate in, you could earn 15-20 credit hours. Optional activities include Friday night's Opening Ceremony, the Keynote Luncheon on Saturday and the TFACA Breakfast on Sunday.

Question: **What meals are provided during the conference?**

Answer: Meals provided as part of the conference include: Friday Reception (Appetizers), Saturday Lunch and Sunday Breakfast. Partnering hotels provide complimentary breakfast on both Saturday and Sunday. Dinner on Saturday is on your own.

Question: **How do I reserve a hotel room?**

Answer: Hotel rooms are reserved during the registration process. Do not call the hotel for reservations. During registration, you will have the option to select Friday night only, Saturday night only or Full Weekend for your hotel stay.

Question: **How much does a hotel room cost?**

Answer: Hotel rooms are \$108 per night and payment is due at the time of registration. DCS foster parents receive one night free if they live more than 50 miles from the conference center.

Question: **What time can I check into my hotel?**

Answer: Check-in is not guaranteed until 3:00 pm on your day of arrival. Please do not expect to check in any earlier. There are large groups checking out of the hotels on Friday and hotel staff need time to take care of housekeeping. Please be patient with hotel staff and understand they will do everything possible to have rooms ready early.

Question: **Is breakfast included in my hotel stay?**

Answer: Yes. A complimentary breakfast will be provided by your hotel on Saturday morning. Sunday morning breakfast will be provided at Embassy Suites as part of the conference program.

Question: **I heard the conference is going to be "paperless". What does that mean?**

Answer: We are moving towards, one day, having a paperless conference. This year's conference will support that goal by using various technologies to minimize the amount of paper that has to be used. Many conference tasks will be handled electronically. Some of the conference material will only be available through the conference app. The conference app will offer maps, real time updates, information about workshops and presenters and other features.

Question: **Will there be wifi available at the conference?**

Answer: Yes! We are very excited to be able to provide wifi access to all conference participants this year. Information on connecting to the conference center's wifi will be available at check-in.

Question: **What is the TFACA breakfast?**

Answer: TFACA stands for Tennessee Foster and Adoptive Care Association. Each year at the conference, the TFACA hosts an annual meeting that provides 1 hour of training credit in addition to offering participants great information about the work of TFACA. TFACA

also hosts a silent auction to raise money for scholarships and financial assistance they provide to foster children and foster families throughout the state. If you plan to attend the TFACA breakfast, please sign up for it during online registration. There is no additional cost to attend, however we need an accurate count for food and seating purposes.